

## Post Surgical Instructions

River Valley Dental Center  
Lake Isabella, Ca  
(760) 379-2964

1. Continue biting on gauze bandage for **30** minutes to stop bleeding. If desired, the bandage may be changed, during this time.
2. If bleeding continues, change gauze and continue gentle pressure and additional 30 minutes.
3. You should expect light oozing from the surgical site, if bleeding is more severe, or persists, please call the office.
4. For the first **24** hours, avoid rinsing, spitting, or sucking. Avoid smoking, or drinking through a straw, and avoid chewing on the area as much as possible.
5. Avoid extremely hot or cold foods, warm soft foods are best. Avoid biting the area while numbness persists.
6. Avoid brushing the area for a few days, taking care to clean the rest of your mouth well.
7. If advised to use an ice pack, alternate on and off for 15 minutes at a time.
8. Take prescribed medication as directed.
9. Frequent warm salt water rinses starting tomorrow will help speed healing
10. Call the office, or the numbers below if unusual pain, swelling, or bleeding occurs.

OFFICE PHONE: **379-2964**

EMERGENCY INSTRUCTIONS: CALL **(805) 886-6857**

DR. MILLIKIN'S HOME PHONE: (661) 665-1585

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